



2083 RESTRAINT	
Chapter: Sununu Youth Services Center	Section: Safety and Security
 <p>New Hampshire Division for Children, Youth and Families Policy Manual Policy Directive: 16-13 Effective Date: May 2016 Scheduled Review Date:</p>	<p>Approved:</p>  Lorraine Bartlett, DCYF Director
Related Statute(s): RSA 126-U, RSA 621, and RSA 621-A Related Admin Rule(s): Related Federal Regulation(s):	Related Form(s): FORM 2082, FORM 2085, and FORM 2086 Bridges' Screen(s) and Attachment(s):

SYSC is committed to a safe, therapeutic environment for youth at the facility. There may be limited times when youth may need to be restrained in order to protect the physical safety of the youth or others from the substantial and imminent risk of serious bodily harm. However, restraint shall only be used after all other reasonable efforts to de-escalate have been made. Restraint is one of the most restrictive forms of intervention and requires specific adherence to policy and the requirements of statute.

Purpose

This policy establishes staff procedures specific to any use of restraint when working with youth committed or detained at the SYSC. Staff shall utilize restraint according to this policy and training by the Organizational Learning Team.

Definitions

"DCYF" or the **"Division"** means the Department of Health and Human Services' Division for Children, Youth and Families.

"Restraint" means a physical, mechanical, or medicinal intervention that immobilizes a youth or restricts the freedom of movement of his/her torso, head, arms, or legs.

"SYSC," or the **"John H. Sununu Youth Services Center,"** or the **"Youth Detention Services Unit"** means the architecturally secure juvenile treatment facility administered by the Division for Children, Youth and Families for committed juveniles and detained youth, and for NH youth involved with the NH court system prior to their adjudication.

Policy - Implementing Restraint

- I. Staff will ONLY use restraint when a youth's behavior presents a substantial and imminent risk of serious bodily harm to the youth or others, and:
 - A. Efforts to de-escalate the youth have been exhausted or proven unsuccessful; or
 - B. Efforts to de-escalate are determined unnecessary due to the emergent nature of the behavior.
 - C. Restraint may never be used either explicitly or implicitly, as punishment for the behavior of a youth.

- II. When circumstances permit, staff shall obtain prior approval from the Supervisor On-Duty before implementing a restraint.
 - A. In the absence of prior approval, staff shall notify the Director of Operations-SYSC, the Administrator of Clinical and Residential Services or designee, and Medical Department staff, as soon as possible that a restraint has been implemented.
- III. Any use of restraint shall be limited to the least amount of force necessary to ensure the safety of the youth and/or others and shall account for the youth's safety throughout the intervention.
 - A. Staff must end any restraint once the behavior that posed the substantial and imminent risk of serious bodily harm to the youth or others has dissipated.
- IV. No restraint shall be implemented in excess of 15 minutes, with the exception of secure transportation, without the approval of the SYSC Director of Operations, or designee.
- V. No restraint shall be implemented in excess of 30 minutes, with the exception of secure transportation, unless the Supervisor On-Duty conducts a face-to-face assessment of the well-being of the youth:
 - A. This assessment shall include a determination that the restraint is being conducted safely and for a purpose authorized by this policy;
 - B. This assessment shall be repeated at least every 30 minutes for any continued use of restraint and shall include:
 - 1. Documentation of the reasons for the continued need for the use of restraint; or
 - 2. Documentation that the use of restraint is no longer necessary.
 - C. Each assessment shall be documented on the RSA 126-U Reportable Seclusion/Restraint Notification Report (Form 2082) pursuant to Section IV of policy [2084](#).
- VI. Medical staff shall assess the youth at the conclusion of a restraint to determine whether the youth has any injury(ies).
 - A. Each medical assessment shall be documented in writing on the incident report (Form 2085 or Form 2086) that correlates to the incident and retained by SYSC.
- VII. The following restraint techniques are prohibited:
 - A. The use of restraint, explicitly or implicitly, as punishment for the behavior of a youth.
 - B. The intentional infliction of pain, including the use of pain inducement to obtain compliance;
 - C. The intentional release of noxious, toxic, caustic, or otherwise unpleasant substances near a youth for the purpose of controlling or modifying the behavior of or punishing the youth;
 - D. Any technique that unnecessarily subjects the youth to ridicule, humiliation, or emotional trauma; and
 - E. Any intervention that:

1. Obstructs a youth's respiratory airway, impairs the youth's breathing or respiratory capacity, or restricts the movement required for normal breathing;
 2. Places pressure, weight on, or causes the compression of a youth's chest, lungs, sternum, diaphragm, back, or abdomen;
 3. Obstructs the circulation of blood;
 4. Involves the pushing on or into the youth's mouth, nose, eyes, or any part of the face or involves covering the face or body with anything, including soft objects such as pillows, blankets, or washcloths; or
 5. Endangers a youth's life or significantly exacerbates a youth's medical condition.
- F. Youth in restraint **shall not** be left in a prone position due to the possibility of positional asphyxia. "Positional Asphyxia" means when the position of a person's body cuts off or interferes with their breathing that leads to hypoxia, an inadequate amount of oxygen to meet the body's demand.

Policy - Following the Implementation of Restraint

- I. The Supervisor On-Duty shall:
 - A. Consult with unit staff to assess the youth's level privilege status and to consider whether the youth's conduct should have consequences in accordance with policy [2100, Rules Violations](#).
 - B. Designate a staff involved in the restraint to complete and submit:
 1. An Incident Report (Form 2085 or Form 2086); and
 2. An RSA 126-U Reportable Seclusion/Restraint Notification Report (Form 2088) pursuant to policy [2084, Determining RSA 126-U Documentation and Notifications](#), section III.
- II. The youth's Unit Manager or designee and staff involved shall debrief the restraint before the end of the shift in which it was implemented.
 - A. This debrief shall include a determination by the Unit Manager or designee that:
 1. Staff is coping effectively. For staff experiencing distress, the Unit Manager or designee will seek further guidance from the SYSC Administration;
 2. Determines if the intervention was consistent with SYSC policy and expected practice; and
 3. The form 2082 pursuant to policy [2084, Determining RSA 126-U Documentation and Notifications](#) has been completed.
 - B. All debriefings shall be noted on the Incident Report (Form 2085 or Form 2086).

- III. Clinical staff or the Clinician On-Call shall assess the youth's well-being within 24 hours of a restraint.
 - A. Each clinical assessment shall be documented in writing and retained by SYSC.
 - B. The clinician conducting this assessment shall report their findings to the youth's Treatment Team.
- IV. The Incident Review Panel will review all Incident Reports and RSA 126-U Reportable Seclusion/Restraint Notification Reports for compliance in the use of restraint with training, this policy, and the law.
- V. Additional notifications required if serious injury or death occurs during restraint are identified in policy [2084, Determining RSA 126-U Documentation and Notifications](#).

Practice Guidance

Can defiant or disruptive behavior, foul language, and other conduct that may pose emotional harm to other youth justify the use of restraint?

- No. The use of restraint for any behavior that does not pose a substantial and imminent risk for serious bodily harm to the youth or others is a violation of the law and this policy.

Where should I access the forms identified in this policy?

- The following forms must be completed in CourtStream, and should only be completed on the paper templates in an emergency during which access to the web has been disabled.
 - Form 2082 SYSC 126-U Reportable Seclusion/Restraint Notification Report;
 - Form 2085 SYSC Moderate Incident Report; and
 - Form 2086 SYSC Major Incident Report;